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Great Lakes

"The Quarterdeck of the Navy"



eBulletin

May 3, 2019



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Rear Admiral Sands Assumes Command of Naval Service Training Command



Vice Adm. Robert P. Burke, Chief of Naval Personnel, speaks during a Change of Command ceremony in the Midway Ceremonial Drill Hall at Recruit Training Command (RTC). Burke was the keynote speaker at the ceremony that saw the command of Naval Service Training Command (NSTC) change hands from Rear Adm. Mike Bernacchi to Rear Adm. Milton J. Sands III. (Scott A. Thornbloom)

By Naval Service Training Command Public Affairs

GREAT LAKES, Ill. (April 25, 2019) – In a traditional naval ceremony held in the Midway Ceremonial Drill Hall at Recruit Training Command (RTC), Rear Adm. Milton J. Sands, III relieved Rear Adm. Mike Bernacchi as commander, Naval Service Training Command (NSTC), April 25 on Naval Station Great Lakes, Illinois.

Vice Adm. Robert P. Burke, Chief of Naval Personnel (CNP), served as the guest speaker at the ceremony and Rear Adm. Kyle Cozad, commander, Naval Education and Training Command (NETC), officiated the event.

"It's my privilege to be here celebrating an important occasion for Mike Bernacchi and Jamie Sands, and their families, and the entire NSTC team," said Burke. "These ceremonies are really important as we get to witness, what I think, is one of the Navy's finest traditions. It's my honor to be part of it."

Burke called Bernacchi's tour the right match of leadership talent to the accessions training mission during a time of change in the Manpower, Personnel, Training and Education domain.

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Cooling season begins!

From Public Works Department Great Lakes

Summer is coming and it is the time of the year Public Works Department Great Lakes (PWD GL) will make the seasonal change from heating to cooling. In order to accomplish this, personnel from PWD GL will be manually securing the steam/heating and energizing the cooling systems. Historically, this transition is made mid-May, and in order to facilitate this, PWD GL is targeting Monday, May 13th, as the first available day to have your buildings managers call to secure heating and turn on cooling.

Per SECNAV energy conservation mandates, the following temperature set points are established:

****** For spaces requiring comfort cooling (office, day care) the temperature set points are no lower than 78 degrees +/-2 during working hours and no lower than 85 degrees +/-2 degrees during unoccupied hours.

****** For laboratories, shops and warehouses the temperature set points are no lower than 85 degrees.

If you are experiencing problems, please submit a service request or call the Customer Service Center at 866-477-7206 or contact your Assistant Public Works Officer.

Annual Fire Hydrant Flushing

From Public Works Department Great Lakes

Fire hydrant flushing will be performed on 18-19 May from 0600 to 1700. Fire hydrant flushing will include all fire hydrants base wide, as well as all housing areas at Great Lakes, fire hydrants located at RTC and Camp John Paul Jones, and fire hydrants at the Federal Health Care Center.

Each hydrant on base will be flushed for approximately 5-15 minutes. Flushing is necessary to ensure clean safe potable water out of the water distribution system.

As a result of the flushing, you may experience discolored water on these days. If you do notice discolored water, run your water for 5 to 15 minutes until it clears up.

Exercise caution when laundering whites during these times to prevent discoloring of laundry items.

For your safety, if you are traveling by vehicle or on foot, do not attempt to cross the path of any hydrant water flow, it may seem harmless but injuries or property damage could result.

If you have any questions or concerns feel free to contact PWD Maintenance Shop Supervisor Eugene Shackelford at 847-204-6338 or eugene.shackelford@navy.mil.



Watch the Recruit Graduation Live!

<https://navylive.dodlive.mil/>

May 3, 2019 Award Winners at

The Recruit Graduation Review



ACADEMIC EXCELLENCE AWARD

SR Daniel J. Grady, DIV 192

Reno, Nevada



**NAVY CLUB OF THE UNITED
STATES MILITARY
EXCELLENCE AWARD**

SR Ronald E. Houston III, DIV 193

Dover, New Hampshire



**MILITARY OFFICERS
ASSOCIATION OF
AMERICA AWARD**

SR Harvey D. Velena, DIV 192

Eastvale, California



**MILITARY ORDER OF THE
WORLD WARS AWARD
OF MERIT AWARD**

SR Honey D. Brown, DIV 194

Jacksonville, North Carolina



**UNITED SERVICES
ORGANIZATION
SHIPMATE AWARD**

SR Louis A. Abarca, DIV 196

Downey, California



NAVY LEAGUE AWARD

SR Darien C. Corona, DIV 192

Shreveport, Louisiana

www.bootcamp.navy.mil

May 3, 2019 Award Winners at The Recruit Graduation Review

Houston Earns Military Excellence Award at Recruit Training Command

By Alan Nunn, Recruit Training Command Public Affairs

GREAT LAKES (NNS) — Seaman Recruit Ronald Houston III, Division 193, graduated as the top Sailor from Recruit Training Command, earning the Military Excellence Award on May 3.

Houston, from Dover, New Hampshire, joined the Navy to broaden his horizons.

"I wanted to travel the world, experience different cultures, and apply myself to an organization that exhibits its commitment to the nation as well as those abroad," Houston said. "I believe everyone should experience as much of the world as possible."

Houston, 23, is a 2014 graduate of Portsmouth High School in Portsmouth, New Hampshire. He attended the University of New Hampshire in Durham, New Hampshire, where he was pursuing a degree in bioinformatics and was a member of the rowing team.

"Being a very demanding sport, it provided a foundation of seven traits that we lived by every day, which go hand in hand with the Navy Core Values and commanding officer's Core Attributes. Exemplifying these traits was a driving force behind my decision to pursue a career in the Navy."

The Navy Club of the United States Military Excellence Award is the top award presented to the No. 1 recruit of their graduating training group. The MEA is awarded to the recruit that best exemplifies the qualities of enthusiasm, devotion to duty, military

bearing and teamwork. The award placed him at the pinnacle of today's newest Sailors. Houston is awarded a flag letter of commendation.

"Winning the MEA is humbling and reminds me that there is

always room to grow no matter how proficient you are at something," Houston said. "At the end of the day, this award is the result of numerous individuals giving me the tools necessary to execute and improve and for that, I couldn't be more grateful."

Houston credited his Recruit Division Commanders, Chief Aviation Machinist's Mate Ryan Anderson, Fire Controlman (Aegis) 1st Class Chantal McLelland, Machinery Repairman 1st Class Rich Sanchez for their leadership and guidance.

He also recognized the contributions of others who have influenced him, including his father, Navy veteran Ronald Houston II.

"All of my mentors and coaches growing up played significant roles in shaping who I am today," Houston said. "My father always encouraged me to commit 110 percent to everything, no matter how small the task. That mentality has carried me to where I am now and will continue to do so in all my endeavors. In addition, my significant other, Bethany, is a shining example of the resilient, motivated, and ambitious person I strive to be and drives me to be better every single day."

"Transforming from an individual to a teammate is a daunting task, especially within the stressful training environment. However, our diversity as individuals, which seems like a detriment, actually benefits us. We are slowly learning that everyone plays a role in the division's success and that mutual respect is key to making a disorganized band of recruits into a well-oiled machine, ready to engage any challenge that comes our way."

—Seaman Recruit Ronald Houston

See HOUSTON, page 5

www.bootcamp.navy.mil

May 3, 2019 Award Winners at The Recruit Graduation Review

HOUSTON, continued from page 4

Houston said the biggest challenge of boot camp was becoming part of a successful team.

“It’s difficult to throw together 80 or so recruits from different cultures, regions of the world, and ways of thinking into one compartment and create a team that can work together,” he said. “Transforming from an individual to a teammate is a daunting task, especially within the stressful training environment. However, our diversity as individuals, which seems like a detriment, actually benefits us. We are slowly learning that everyone plays a role in the division’s success and that mutual respect is key to making a disorganized band of recruits into a well-oiled machine, ready to engage any challenge that comes our way.”

Boot camp is approximately eight weeks and all enlistees into the U.S. Navy begin their careers at the command. Training includes physical fitness, seamanship, firearms, firefighting and shipboard damage control along with lessons in Navy heritage and core values, teamwork and discipline. More than 35,000 recruits are trained annually at RTC and begin their Navy careers.

For more news from Recruit Training Command, visit www.navy.mil/local/rtc/.

GRADUATION DAY



Performance division Sailors enter Midway Ceremonial Drill Hall during a pass-in-review graduation ceremony at Recruit Training Command. More than 35,000 recruits train annually at the Navy's only boot camp.

(MC1 Spencer Fling)

www.bootcamp.navy.mil

NSTC Change of Command

NSTC, continued from page 1

"It was the right person in the right place at the right time," Burke said. "It takes committed leadership to change and it takes patience. NSTC and this team has been a shining example that has brought forth a lot of change in a very short period of time. I know how hard the work has been here but I also can see how rewarding it has been. I can see it when I talk with the staff and I can see it in the results it's delivering in the Sailors that are graduating from Recruit Training Command, from OCS and from NROTC."

Bernacchi, from Pleasant Ridge, Michigan, will report as Commander, Submarine Group Ten in Kings Bay, Georgia.

Bernacchi received the Legion of Merit for exceptionally meritorious conduct in the performance of outstanding service as NSTC commander, presented by Rear Adm. Cozad. The award specifically recognized the fundamental shift in accessions training, focused on essential maritime warfighting skills.

Burke also presented NSTC with the Navy Unit Commendation for their combined efforts in employing dramatic and sweeping changes to the accessions programs they implement, with measurable, ongoing, and profound results. The award is an exceptionally rare recognition for a shore command to receive.

"I am incredibly grateful," said Bernacchi, thanking Vice Adm. Burke for the surprise command award. "It is bittersweet and it will be hard to say goodbye."

Bernacchi then spoke about his team, and what they did over his tour.

He discussed the Navy Junior Reserve Officers Training Command (NJROTC) program, which develops character and leadership in thousands of young people at hundreds of high schools across the country, benefitting the nation regardless, if they choose to serve in the military or pursue civilian endeavors.

He talked about working alongside some of the Naval ROTC host universities to bring exceptional young men and women with the potential to be excellent Navy officers, but who lack in standardized test scores, opportunities into the program.

He also described significant additions to NROTC training, with five additional weeks of standardized evaluated training to better prepare Navy and Marine Corps officers, as well as navigation simulators and opportunities for fleet qualifications.

Bernacchi thanked Officer Training Command (OTC) in Newport, Rhode Island, for the work they are doing molding Naval officers. He described the significant improvements in navigation training, ensuring all graduating officers truly grasp the fundamentals in relative motion and Rules of the Road, as well as evaluations in ethical decision making.



Rear Adm. Mike Bernacchi (left) is congratulated by Rear Adm. Kyle J. Cozad, commander, Naval Education and Training Command (NETC), after being awarded the Legion of Merit medal by Cozad. (Scott A. Thornbloom)

Bernacchi then talked about the host of the ceremony, and stepping off point for every enlisted Sailor in the Navy, Recruit Training Command.

"This team (at RTC), they do build warfighters. They build Sailors who come out and they can stand watch, they can fight a fire, they can handle a line, they can do damage control and they can do force protection. We've given the freedom to the RDCs (Recruit Division Commanders) to make decisions. RTC is a standard-based organization and that is truly amazing," Bernacchi said.

Finally, Bernacchi thanked his staff as he reflected on his next assignment.

"I'll miss this place, it is truly magical," he said. "But now I will be the recipient of all the work we have done here and, to me, that is so precious. And I now can leave so happy knowing that we, and I say we, have earned the NUC (Navy Unit Commendation)."

Rear Adm. Sands, a native of Farmington, Connecticut, reports to NSTC following assignment as the Vice-president, Joint Special Operations University at U. S. Special Operations Command,

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NSTC Change of Command



Vice Adm. Robert P. Burke, Chief of Naval Personnel, speaks during a Change of Command ceremony in the Midway Ceremonial Drill Hall at Recruit Training Command (RTC), the Navy's only boot camp, on Naval Station Great Lakes. Burke was the keynote speaker at the ceremony that saw the command of Naval Service Training Command (NSTC) change hands from Rear Adm. Mike Bernacchi to Rear Adm. Milton J. Sands III. Bernacchi will report as commander, Submarine Group Ten in Kings Bay, Georgia. (Scott A. Thornbloom)

NSTC, continued from page 6

MacDill Air Force Base, Florida.

This is the first time a SEAL has taken the helm of the command responsible for 98% of the Navy's accessions.

"In the SEAL teams we pride ourselves in arriving to the fight better led, better prepared and more determined than our enemy. We refer to the physical location of the fight, or the mission, simply as the 'X,'" said Sands. "Mike, (Bernacchi) you and the incredible team here at NSTC have ensured our Sailors and Naval officers will arrive on the 'X' better led, better prepared and more determined than our enemy. That's a sacred responsibility demanded of us by all the families that send their sons and daughters to become Sailors and defend our Constitution."

Sands concluded by pledging; "To the men and women of Naval Service Training Command, thank you for what you've done and what you continue to do. I've been so impressed by your professionalism and your passion for your mission. Our priority here is to develop and deliver to the fleet warfighters who embody the core attributes of accountability, integrity, toughness and initia-

tive. We'll accomplish that and continue to accomplish that through good leadership and adherence to clear standards, hard training and strong support to you and your families."

NSTC supports naval accessions training for 98 percent of the Navy's new officers and enlisted Sailors. This training includes the Naval Reserve Officers Training Corps (NROTC) at more than 160 colleges and universities across the country, Officer Training Command (OTC) in Newport, Rhode Island, Recruit Training Command (RTC), the Navy's only boot camp, as well as the Navy Junior Reserve Officers Training Corps (NJROTC) and Navy National Defense Cadet Corps (NNDCC) citizenship development program at more than 600 high schools worldwide.

For more information about NSTC, visit <http://www.netc.navy.mil/nstc/> or visit the NSTC Facebook pages at <https://www.facebook.com/NavalServiceTraining/>.

For more news from Naval Service Training Command, visit www.navy.mil/local/greatlakes/.

Around the Station



Capt. Ray Leung, Naval Station Great Lakes Commanding Officer, OS1 Brittany Hadley, Leading Petty Officer for Outreach, Sea Cadets and Young Marines saluted veterans as they arrived. (John Sheppard)

Vets Welcomed Home in N. Chicago

By John Sheppard, NSGL Public Affairs

Capt. Ray Leung, Naval Station Great Lakes Commanding Officer, and OS1 Brittany Hadley, Community Outreach Leading Petty Officer, were among the military, first responders, family members and well-wishers welcoming back 23 veterans from a recent Lake County Honor Flight on April 28 at Veterans Memorial Park in North Chicago.

Marine Air Control Group-48 provided the color guard for the event. U.S. Naval Sea Cadets Division 9-1-1 and Young Marines were on hand to render salutes. Larry Peters, Chaplain at Large, Antioch American Legion Post #748 offered a prayer.

"I want to thank you for answering the call in service to your country and your sacrifice," said Capt. Leung.

"We had a phenomenal time," said Paula Carballido, President, Lake County Honor Flight, who led the veterans on their tour of Washington, D.C. She thanked all the sponsors and volunteers who helped make the Honor Flight possible.

In addition to Capt. Leung, officials offering their congratulations and thanks to the Honor Flight veterans included Mayor Leon Rockingham Jr., the City of North Chicago; Fire Chief Dell Urban, North Chicago Fire Department; U.S. Congressman Brad

Schneider, 10th District, Ill.; State's Attorney Mike Nerheim, Lake County, Ill.; Mayor Sam Cunningham, Waukegan; and Mayor Dominic Marturano, Village of Lindenhurst, Ill. In addition, U.S. Senator Tammy Duckworth of Illinois sent an open letter to the veterans that was read aloud to the assembled crowd.

"Thank you for your service," said Schneider. "And thank you for the example you provide every day."

The veterans offered their own emotional thanks for the trip.

"It's an experience that you couldn't begin to imagine," said Bill Bailey, World War II Navy veteran.

"While the veterans are a bit overwhelmed by the entire Honor Flight experience, they always remember that some very special people took the time to greet and acknowledge them, and they are grateful," said Linda Rockwell, Board Member, Lake County Honor Flight.

More photos are available at www.facebook.com/NavalStationGreatLakes.

For more about Lake County Honor Flight, visit www.lakecountyhonorflight.org.

Around the Station

PWD Great Lakes Finishes South End of Museum

By Cmdr. Carl Kirar, Public Works Officer, Great Lakes



Bldg 42 is the home to Naval History and Heritage Command's National Museum of the American Sailor. PWD Great Lakes Shops recently completed a \$700,000 renovation of the South End of the museum. Before the renovation, the south end was primarily office space, with drop ceiling and partition walls blocking the original beams and ceiling. The goal of the project was to restore the South End to the historic building's architectural beauty. The South End will now serve as a gathering area, ceremonial space, and additional exhibit space in the future. The museum's mission is to collect, preserve, and interpret the history of the US Navy's enlisted sailor. (PWD Great Lakes)

Public Works Department (PWD) Great Lakes would like to recognize the Requirements Branch Team of Dennis Lessard, John Maurer, Kevin Hayes, and Randy Redman for their exceptional support of the \$588K renovation of the south end of Building 42.

The project consisted of complete demolition, re-configuration, and renovation of the spaces to meet the customer's mission requirement which evolved from a "White Box" to shelter sailor's parents from the weather to a welcoming museum gallery and special event space.

The team designed all facets of the project including demolition of the existing ceiling to expose the historical wooden beam ceiling structure, cleaning and refinishing the wooden ceiling and beams, specialized lighting and electrical for open spaces and museum displays, HVAC and sprinkler systems to accommodate the open ceiling

design, and repair and leveling of the existing concrete floor slab to accommodate terrazzo flooring.

The team also extensively researched materials and interior finishes to accommodate the customer's requests and ensure that all museum related requirements were met.

Despite multiple design changes and a customer with high expectations, the team ensured that all objectives were met and that the space will welcome and serve recruit families for years to come.

Bravo Zulu to Dennis, John, Kevin, and Randy for their dedication and the pride they take in supporting our customers.

***Want more naval history?
Stop by the museum Monday
-Saturday, 9 a.m. – 5 p.m. Or
visit [www.history.navy.mil/
nmas](http://www.history.navy.mil/nmas) to learn about
upcoming museum events,
tours, and more.***

The National Museum of the American Sailor is located just outside the Main Gate, in Building 42. The street address is 2531 Sheridan Road, Great Lakes.

Chaplain's Corner

Buddhist Enlightenment Day

By LT Hingulwala Piyaratana, LT, CHC, USN

Siddhartha Gautama was born some 2,562 years ago to the Shakya Clan in Lumbini Park in Northern India, now located in modern-day Nepal. As the only son of King Suddhodana and Queen Maya Devi, he was raised to be the successor of the Shakya Clan. He was lavished with palaces, sensual pleasures, and entertainments. Even as a youth he was not satisfied with all these indulgences. He came to realize the circumstances all beings find themselves in. All beings are subject to aging, illness, and death.

At the age of 29, inspired by the sight of a calm and dignified hermit, he decided to renounce the luxurious life in the palace. He left his wife and newborn child in the caring hands of the royal family to seek out the end of all suffering. After six years of studying with various teachers and practicing austere ascetic practices, he realized that neither a decadent lifestyle nor severe asceticism would lead him to the answers he sought.

Nearly dying from profound deprivation, he determined to find a "Middle Way" between the two extremes. Through the generosity of Sujata who offered him milk-rice and nursed him back to health, Siddhartha set out on his own path. Seated underneath the Bodhi Tree, he generated the great resolve to not move until he had found the end of aging, illness, and death.

After a night of deep concentration, full understanding came to him. From then on, Prince Siddhartha became known as Buddha, the 'Awakened One'. The Buddha then spent the next 45 years of his life instructing others in what he came to understand. He founded a community of monastics known as the Sangha, and Buddhist teachings spread throughout northern India. Sovereigns, nobles, merchants and peasants became his

disciples and followers, and even now, countless people everywhere benefit from his teachings. He passed away peacefully into final Nibbana (Sanskrit: Nirvana) at the age of 80.

The Four Noble Truths

The discovery of the Buddha was first explained to five ascetics he had once practiced with. He shared with them the Four Noble Truths.

The first truth: *All beings are subject to dukkha*. Dukkha is commonly translated as stress, suffering, or unsatisfactoriness. It encompasses a wide range of negative things: birth, aging, illness, death, sorrow, lamentation, pain, distress, and despair, not getting what one wants, are all stressful. This does not deny pleasure in the world: pleasant sights, sounds, smells,

tastes, bodily sensations, and pleasant thoughts; but these too are bound with suffering. They do not last. We can not rely on them for our happiness.

The second truth: *The cause of dukkha is desire, craving and ignorance*. All beings crave after pleasant sensations, and desire to avoid unpleasant sensations. It is an endless cycle of craving and aversion. Going from one pleasant thing to the next, trying to avoid the unpleasant things. We are never satisfied by these impermanent phenomena, whether they are physical or psychological.

The third truth: *Dukkha can be overcome by the elimination of desire and craving*. The cause of suffering is this very craving and aversion. Without the cause there is no result. To make a fire all three elements of oxygen, fuel, and heat must be present. If we are missing any one of the conditions, there is no

*To abandon all evil,
To cultivate the good,
To develop one's mind,
This is the teaching of the
Buddhas.*

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Chaplain's Corner

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fire. Similarly, if there is no craving, there is no cause for suffering. This is Nibbana, the complete extinguishment of craving.

The fourth truth: *There is a path of practice which leads to the ending of dukkha.* Namely, the Noble Eight-fold Path of Right View, Right Intention, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness, and Right Concentration. The path is 'right' or 'correct' in the context of the goal. If one wants to put an end to suffering in their life this is the right path. If you have a different goal, these practices may be beneficial to your wellbeing and quality of life, but they may not get you where you want to go.

Right View

To have Right View one should see, know, and understand the Four Noble Truths. This is taking a realistic view of the situation with are in. This world-view puts our life and actions into context.

Another way to have Right View is through an understanding of Kamma (Sanskrit: Karma). Seeing the relation between cause and effect in our actions. Karma is not some invisible force or cosmic scale. It is our actions and their consequences.

I have a choice right now on how to speak to you. I can choose to share these teachings with a heart of goodwill, with the thought, "May you be well, happy, and peaceful." From this you might think kindly of me and even take up these wholesome practices and become happy individuals. Or I could yell and curse at you. You wouldn't find me a pleasant person and I might end up with a fat lip and never see you again. This is karma. It is right here and right now.

Right Intention

With a realistic world-view, our intention is crafted. In this path the motive is three-fold. The intention to put an end to one's own suffering. We must want to put an end to suffering or we won't do anything about it. The intention toward renunciation. If craving is the cause of suffering, we must learn to say, "No," to those cravings. Lastly, the intention to harmlessness. We can't achieve a lasting happiness by causing harm to one's self, others, or both.

Right Speech

To speak in line with the path we should abstain from false speech, divisive speech, and idle chatter. Our words should be truthful, timely, worth treasuring, pleasant to the hearts and ears of others, and they should be motivated by goodwill.

Right Action

Abstaining from killing, taking what is not give, sexual misconduct, and abstaining from intoxicating oneself with drugs or alcohol, this is Right Action.

Right Livelihood

To avoid occupations involving killing (of both humans and animals), the sale of animal flesh, the trading of humans, weapons, poisons and intoxicants. Occupations which are unethical, immoral and illegal should also be avoided while those that contribute to general wellbeing are encouraged.

Right Effort

To explain Right Effort, I'd like you to imagine you are holding a fruit basket. You remove any spoiled, rotten fruits from your basket. You don't put any spoiled fruits into your basket. You pick up those ripe fruits and place them in your basket. You would protect and maintain those ripe fruits.

In this path we put forth effort to abandon any unskillful qualities we have. We avoid acquiring any new unskillful qualities. Acquire skillful qualities. And develop and perfect those skillful qualities. Abandon, avoid, acquire, develop, and perfect.

Right Mindfulness

Right mindfulness is to remain focused on the body, feelings, the mind, and mental qualities in and of themselves, ardent, alert, and mindful, putting aside greed and distress with regard to the world.

Right Concentration

Singleness of mind is concentration; the body, feelings, the mind, and mental qualities are its themes; the right effort is its requisites; and any cultivation, development, & pursuit of these

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Chaplain's Corner

BUDDHIST, continued from page 11

qualities is its development.

The Three Characteristics of Existence

Existence is marked by three basic qualities: impermanence, unsatisfactoriness, and impersonality.

Anicca

We see and experience impermanence all the time. All conditioned phenomena are impermanent. They arise, persist for some time, and pass away. Everything is in the process of changing into something else. The breath is constantly arising and passing away. Breakfast is gone. We are aging. Our health waxes and wanes. We will eventually die. Even the mountains, the great Earth, and stars will cease.

Dukkha

Because phenomena are impermanent we cannot rely on them for our wellbeing and happiness. How many times have we eaten and yet we still get hungry. It is an endless cycle of going from one impermanent experience to the next. We are never satisfied as long as we are seeking satisfaction in sensual experiences.

Anatta

We can only experience the eye & forms, ear & sounds, nose & aromas, tongue & flavors, body & tactile sensations, intellect & ideas. If one were to speak about something outside of these phenomena, they would have no grounds to support their statement. We form an identity through our experience of the body, feelings, perceptions, mental formations, and consciousness. All of these are impermanent.

Out of ignorance, without really questioning the views and understanding formed about the world, we concluded there is a self, or soul, or intrinsic essence. If we begin to look at those things we identify with, we will see that they change and are not lasting. We continually reaffirm some story, building a sense of self to meet each circumstance, situation, and experience. At times we are the child, other times the parent, sometimes we are the friend, the spouse, the driver, the passenger, the teacher, the student. None of them persist and are quickly replaced by the next personality view. It is a constant cycle of I-making and

My-making.

Rebirth

In the Buddha's teaching we find explanations about two varieties of rebirth: momentary rebirth and life-to-life rebirth. In each moment we are dying and being reborn into the next moment. The body is moving and aging. Cells are decaying, and others are dividing. Sensations are shifting, and new sensations arise. Perceptions are altering, and new ones are occurring. Thoughts develop or begin. What we are doing in this moment conditions the arising of the next.

Conditioned by craving for sensual experience, craving for existence, or craving for non-existence the last moment of life leads into the next birth. Like a candle flame lighting another candle. We wouldn't say the new flame is the same as the first nor would it be distinctly different. In the same way the mind or consciousness moves from one life to the next, conditioned by craving. As long as craving is present the cycle of birth, aging, and death continues. This cycle of rebirth is known as samsara.

The Buddhist Texts

The Buddha's teachings are preserved in the Tipitaka or Pali Canon. The teachings were preserved through the monastic oral tradition for roughly 500 years after the Buddha's passing. Due to the threat of famine and war the monks wrote the teachings down.

The Buddha taught suffering and the end of suffering. His teachings affect every aspect of our lives. From the workings of our mind, to the qualities one should develop to put an end to craving, to our relationships with our family, friends, employer, and society the Buddha's guidance teaches us to recognize suffering and how to put an end to it here and now, in this very life.

*To abandon all evil,
To cultivate the good,
To develop one's mind,
This is the teaching of the Buddhas.*

Service Schools

TSC Holds Holocaust Remembrance Ceremony

Story and Photo by Brian Walsh, TSC Public Affairs

It was a solemn event at Training Support Center (TSC) Great Lakes as Sailors gathered together during the Holocaust Remembrance ceremony May 1.

The event started with opening remarks from TSC Great Lakes Executive Officer Cmdr. Jason Juergens.

"It is important to remember our history – it should not be forgotten," Juergens said. "This is how we educate ourselves and others on the ways to move forward, bettering ourselves and the practices we undertake each day. One of those important practices being, how we treat people. We must treat each individual with respect and dignity, not matter what their background."

U.S. Air Force Captian Ralph Rehbock (retired), a speaker at the Illinois Holocaust Museum and Education Center in Skokie, Illinois, served as the guest speaker for the ceremony. Born in 1934 in Gotha, Germany, Ralph Rehbock and his family came to Chicago in 1938 and lived in the Hyde Park neighborhood. He gave a historical perspective of the period, to show how the normalcy of life in Germany changed for his family in 1933 when Hitler came to power, and how they eventually were able to escape with the help of a cousin's generosity and the actions of strangers.

"There were a lot of things happening at the same time when my family escaped Germany," Rehbock said. "The Nazis were great testers; this is how they got the population to the point where they allowed the Holocaust to happen. It started when Hitler wrote the book 'Mein Kampf' (My Struggle) saying horrible things about Jewish people. It continued when Hitler was on the radio saying that the Jewish people were responsible for World War I and hyper-inflation and called us the demon race."

According to Rehbock, many people thought Hitler would just go away and everything would go back to normal. But, Hitler decided to pass some laws. The most damaging one to the Jewish people was the revocation of German citizenship.

"It was during this time that my mother visited her cousin Chica-

go where they gathered together all the documents that stated that my cousin was willing to support my family; this was the only way that we would be allowed to move to the United States," He said. "The day we arrived in Berlin to go to the American Consulate to get our visas; 1,400 synagogues were torched, 91 people were killed and 30,000 men were arrested. When we finally got out of Germany, along the way strangers would assist us on our travels until we reached America. We were the lucky ones. I am so happy that people, who did not even know us, took action to help us."

The Holocaust was the deliberate genocide of nearly 6 million



U.S. Air Force Capt. Ralph Rehbock (retired) spoke to staff at Training Support Center Great Lakes about his family's struggles . (Brian Walsh)

European Jews during World War II by the Nazis. Other social and ethnic groups were persecuted and killed also, and the death total was estimated to be between 9 to 11 million.

"This is our history," Juergens said. "Just because it didn't happen on American soil, doesn't mean it is not our history. Many survivors and their families migrated to America to make a better life for themselves – they carried, and still carry, the scars of such a heinous act that occurred nearly 80 years ago. There were many that paid the price so we all can have the lives we have today."

Headquarters, USMEPCOM NCO Selected as Army's Adjutant General Corps Regimental Association NCO of the Year

By Kenneth F. Anthony, Jr.



Colonel Michael T. McTigue, Commandant and Command Sergeant Major Cory W. Gill, the U.S. Army Adjutant General School and Regiment, Fort Jackson, South Carolina, congratulate Staff Sergeant Alejandro Torres, Army Personnel Liaison, Headquarters, United States Military Entrance Processing Command, on his selection as the 2019 Adjutant General Corps Regimental Association NCO of the Year.

SSG Torres was selected from a field of Army NCOs competing throughout every major Army command. He will receive the coveted SGM Larry Strickland Medal for Distinguished Achievement and be formally recognized at the 2019 Adjutant General Ball in Columbia, SC in June 2019.

LEFT: Colonel Michael T. McTigue and Command Sergeant Major Cory W. Gill congratulate Staff Sergeant Alejandro Torres, USMEPCOM. (Submitted)

2019 NMCRS Active Duty Fund Concludes

By MC3 Ivana Campbell, NSGL Public Affairs

Naval Station Great Lakes concluded their 2019 Active Duty Fund, helping to raise \$536, 235 throughout the Mid-Atlantic region for the Navy-Marine Corps Relief Society (NMCRS).

The NMCRS is a non-profit organization that was founded in 1904 and was created to provide financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors when in need. The Society was incorporated on January 23 of that year, with initial funding from the proceeds of the 1903 Army-Navy Football Game held at Franklin Field, Philadelphia, Pennsylvania.

In its first year, the Society gave \$9,500 to widows and families of enlisted men. The society offers various services including quick assist loans, new parent workshops, emergency travel funding and disaster relief. Members can donate via donation slip or by visiting the website for one-time or reoccurring payments.

To learn more about the NMCRS and their mission or make a donation, please visit <https://www.nmcrs.org/>.



PPV HOUSING

Navy Addresses Problems with Military Housing

By Commander, Navy Installations Command

WASHINGTON (NNS) -- The Navy is aggressively working to address unresolved complaints associated with housing, especially those identified during the "100 percent Sailor contact" and completion of requested home visits.

Chief of Naval Operations (CNO) Adm. John M. Richardson, directed command leadership Feb. 23 to contact every Sailor residing in privatized or government housing to ask about their current living conditions and offer for leadership to conduct a home visit.

"As we close out this initial surge in contact and visitation, I want to thank Navy leaders for reaching out to our Sailors and their families, listening to them, and addressing their housing concerns," Vice Adm. Mary Jackson, Commander, Navy Installations Command, said.

Based on town hall meetings and home visits, common issues in privatized family housing include poor workmanship, lack of follow-up, inconsistent customer service, addressing symptoms rather than the root cause of problems, and minimal or absent government oversight. Immediate actions taken since Feb. 13 include increased Navy oversight to hold public private venture (PPV) partners accountable for timeliness benchmarks, improved customer service, efforts to address root causes instead of symptoms, and more thorough measurement of resident satisfaction after service calls.

To speed up fixing the deficiencies, the issues identified during Chain of Command residence visits were entered into existing trouble call systems, as well as the enterprise military housing data base. The Navy also has direct access to the property managers' trouble call databases, and is able to monitor trouble calls throughout the housing enterprise.

Additionally, the Navy commissioned an independent, third-party firm to conduct a survey for Navy privatized housing residents. This "out-of-cycle" survey was directed by the Navy and is different than past annual surveys conducted on behalf of the companies.

Open and honest communication is critical as the Navy works toward long-term, sustainable solutions. Sailors and their families are encouraged to use the current trouble ticket processes and inform their installation Housing Service Center and/or chain of command if issues are not being resolved.

"Any perceived or real indication of retaliation or retribution associated with a resident voicing a concern will not be tolerated and will be immediately investigated," Jackson said.

Collectively and individually, the Navy's PPV partners are engaged and are taking appropriate actions, such as hiring more people, adding maintenance supervisors and oversight personnel, and replacing personnel, where needed.

The Navy oversees approximately 113,000 housing units world-

See HOUSING, page 16

PPV Housing Survey Extended to May 9

By Commander, Navy Installations Command

WASHINGTON (NNS) -- Sailors or their families living Public-Private Venture (PPV) housing now have until May 9 to complete their resident satisfaction survey.

"The iron is hot and we need you to strike," Commander, Navy Installations Command Force Master Chief Petty Officer Steven Timmons, said. "Your voice is a powerful tool and we need to leverage it to effect change. If there was ever a time to take a survey that will directly impact you and your families, the time is now. Please don't miss this opportunity."

Everyone living in the approximately 116,000 housing units that the Navy oversees has a voice.

- The survey for the approximately 39,000 privatized family housing units throughout the U.S., including Hawaii, runs through May

9. As of April 30, the survey has a 21.6 percent response rate.

- The survey for the approximately 6,000 privatized unaccompanied housing units in San Diego and Norfolk runs through May 9. As of April 30, the survey has an 8 percent response rate.

- The survey for the approximately 8,300 government operated family housing units around the world runs through June 6. As of April 30, the survey has a 14.3 percent response rate.

- The survey for the approximately 63,000 government operated unaccompanied housing units around the world runs through June 20. As of April 30, the survey has a 6.4 percent response rate.

The resident satisfaction surveys are designed to accurately identify the current state of Navy housing, so that we can make informed decisions. In addition to identifying immediate health or safety concerns, the Navy is looking at larger trends, such as reoc-

See SURVEY, page 16

HOUSING, continued from page 15

wide, which are divided into four categories: privatized family housing (also known as public private venture, or PPV housing), government-operated family housing, privatized unaccompanied housing, and government-operated unaccompanied housing.

Five partner companies operate more than 39,000 PPV family housing units throughout the U.S., including Hawaii. As a result of the 100 percent contact of Sailors directed by the CNO, 17% of residents living in Navy privatized family housing reported an issue with their residence with 5% asking for a home visit by their chain of command.

Of the families living in the approximately 8,300 government-operated family housing units overseas, 7% reported an issue with their residence and 2% asked for a home visit.

Two partner companies operate

approximately 6,000 privatized unaccompanied housing units in San Diego and Norfolk, Virginia. The Navy leadership received a 14% request rate to visit PPV unaccompanied housing. 2% of the Sailors living in the approximately 63,000 government-operated unaccompanied housing units, both overseas and stateside, requested a leadership visit.

While the Navy has made great strides in identifying and fixing residence issues during this recent surge, it is worth reiterating that Sailors and their families may always request command involvement to solve housing issues to include Chain of Command visits, and direct involvement from Installation Commanding Officers and housing personnel as needed.

For more information on Navy housing, go to <https://www.cnic.navy.mil/ffr/housing.html>

SURVEY, continued from page 15

curing issues, the level of customer service, and government oversight.

Surveys are being conducted by an independent third party, CEL & Associates, and take about 10 minutes to complete. Participants will remain anonymous unless they choose to identify themselves.

For those living in PPV housing, surveys are electronic. Residents who have not received the survey are encouraged to email NavyPPVHousingSurvey@celassociates.com and include name and home address.

For all other residents who have not received the survey or need more information, they are encouraged to contact their housing manager, building manager or Navy Housing Service Center.

Here at Great Lakes, call 847-688-3440, ext. 134.

If you have unresolved issues with privatized housing, government-owned housing or community housing you can contact Navy Housing Headquarters at NavyHousingHQ@navy.mil.

For more news from Commander, Navy Installations Command, visit <https://www.cnic.navy.mil>.



HOW CAN WE HELP?

PRIVATIZED HOUSING RESOLUTION PROCESS

ANY RESIDENT SUGGESTION, CONCERN OR COMPLAINT IS IMPORTANT!

STEP 1

REPORT ISSUE

CONTACT YOUR LOCAL PPV PROPERTY MANAGER

STEP 2

ISSUE UNRESOLVED

CONTACT YOUR LOCAL NAVY HOUSING SERVICE CENTER (HSC) OR YOUR CHAIN OF COMMAND



FIND YOUR LOCAL HSC: cnic.navy.mil/ContactHousing



CNIC
• FLEET • FIGHTER • FAMILY

NS Great Lakes Housing Office, 1710 Cavin Drive, Bldg. 8100, Great Lakes, IL 60088

Hours: Mon-Fri 0800-1600, **Call** (847) 688-3440 x 134, **email** GreatLakesHousing@navy.mil.

FYSA

News You Can Use

Summer Uniform Shift

As the Uniform Prescribing Authority, Commander Navy Region Mid-Atlantic (CNRMA) is responsible for controlling uniform policy and the appearance of Navy personnel ashore within Navy Region Mid-Atlantic.

Per COMNAVREG MIDLANT NORFOLK VA 121454Z Mar 19, Zone 2 States will shift to the Summer Uniform 0001, Monday, 6 May.

ZONE 2: Uniform of the Day will be: Officers/Chief Petty Officers - Summer White (prescribed), Service Khaki (alternative); E1-E6 -Service Dress White (prescribed), Service Uniform (alternative).

Requests for exception to policy must be submitted in writing to CNRMA, via CNRMA Command Master Chief.

—CNRMA

Did You Know? CNRMA Instruction requires a Hot Work Permit for all heat shrink-wrapping operations outside of industrial areas designated for such use. Flame Retardant shrink-wrap film is required in accordance with NFPA 701 and all heat “guns” must be listed and approved. An approved fire extinguisher and fire watch is also required.

—CNRMA Fire & Emergency Services

SAFETALK Suicide Prevention Training is conducted every Wednesday at 1300 in the Fellowship Hall at Bldg. 3. All are welcome; large groups please coordinate ahead of time. Call 847-688-4461 ext. 338 for more information.

CPR training is on offer every month by the Fire Department. Fire Warden, general fire safety and Fire Extinguisher Training can be arranged for your command. For further information contact Chief Lanaville at (847) 688-3829 or jeffrey.lanaville@navy.mil

Stay Connected to Your Commissary Benefit

COMMISSARIES.COM: Visit www.commissaries.com to learn more about the Defense Commissary Agency: check out the latest news, find a store near you, see what's on sale, create a shopping list, learn of food and product recalls, scan employment opportunities, read frequently asked questions, submit a customer comment form online through DeCA's Your Action Line and more.

COMMISSARY CONNECTION E-NEWSLETTER: Stay connected with the latest news about your most valued benefit, Hot Links to additional savings, shopping sprees, contests, commissary promotions, events and more, go to www.commissaries.com/subscribe.cfm and subscribe to the Commissary Connection newsletter.

COMMISSARY CONNECTION BLOG: To see regular posts about topics of interest to commissary customers, including commissary news, human interest stories, shopping tips, videos and notifications about programs or events, go to <http://commissaryconnection.dodlive.mil/>. You can also subscribe to this forum by going to www.commissaries.com/subscribe.cfm.

One Mile Challenge

Each year in May, Lovell Federal Health Care Center hosts a challenge to walk one continuous mile, or continuously for 20 minutes, every day in the month of May.

The updated 2018 CDC guideline for physical activity emphasizes increased total physical activity during the day and the avoidance of prolonged periods of sitting.

Watch this space for more announcements. POC is Health Promotion Coordinator David Reid, extension 80801 or email: david.reid@va.gov.

DoD
Safe Helpline
877-995-5247 www.safehelpline.org/

Volunteer opportunities available

North Chicago Community Partners (NCCP) is hosting its Spring Health and Wellness Fairs this month. With these events, they highlight the components of health and wellness through hands-on crafts and activities.

Families will also have the opportunity to shop at a free "POP-UP" grocery store. Volunteers will help serve dinner, restock grocery items and work alongside the children and their families.

Thursday, May 7: Green Bay Early Childhood Center's Spring Health and Wellness

Shift One 3– 5 p.m. | Shift Two 5– 7 p.m.

Thursday, May 9: Evelyn Alexander School's Spring Health and Wellness

Shift One 3 – 5 p.m. | Shift Two 5– 7 p.m.

Tuesday, May 21: Forrestal Elementary School's Spring Health and Wellness

Shift One 3 – 5 p.m. | Shift Two 5– 7 p.m.

More volunteer opportunities

What: AAUW Preschool Outdoor Cleanup

Where: 2500 N. Northern Ave., Waukegan, IL 60087

When: Saturday, 4 May

Time: 1300-1600

Uniform: Navy Pride

The AAUW Preschool is looking for volunteers to help cleanup and improve the outdoor landscape. Projects that will be included in this event are as follows: weeding, cleanup leaves and branches, and planting.

To volunteer, email Public Affairs/Community Outreach at pao.navstaglakes@navy.mil, call 847-688-2430, ext. 435, or stop by the Public Affairs Office at Bldg. 1, Room 116.

—NSGL Public Affairs

On the Horizon



MAY

Asian American - Pacific Islander Heritage Month

- 03 May: Golf Course Re-Naming at Buckley's
- 03 May: Seabee Golf Tournament
- 06 May: Summer Uniform Shift
- 09 May: USO No Dough Dinner Caterer: Popeye's
- 13 May: USO Diaper Division (Must register at tix-fortroops.org)
- 14 May: Operational Pause / Safety Stand down
- 14 May: USO No Dough Dinner Caterer: Dickey's BBQ Pit
- 15 May: Military Spouse Appreciation Breakfast
- 16 May: USO No Dough Dinner Caterer: Real Urban BBQ
- 23 May: Great Lakes Derby Day (N92)
- 23 May: USO No Dough Dinner Caterer: Dickey's BBQ Pit
- 24 May: SAFETY: AAA Driver Improvement Class
- 24 May: Asian American - Pacific Islander Heritage Month observance at Port O Call
- 27 May: Memorial Day - Federal Holiday
- 28-30 May: Exercise Ardent Sentry 2019

JUNE

- 06 June: USO No Dough Dinner Catered by Popeye's
- 07 June: First Friday
- 10 June: USO Diaper Division (Must register at tix-fortroops.org)
- 13 June: USO No Dough - Catered by Real Urban BBQ
- 20 June: Chicago Field Federal Safety and Health Council Topic "Workplace Hazards"
- 20 June: USO No Dough Dinner catered by Texas Roadhouse
- 21 June: LGBT Pride Observance
- 27 June: USO No Dough Dinner Catered by Popeye's
- 30 June: MACG 48 Change of Command

JULY

- 04 July: 4th of July Celebration / Federal Holiday
- 18-25 July: Armed Forces Bowling Championship



Sailors assigned to Recruit Training Command (RTC) combat training pool train Civil Air Patrol (CAP) Illinois Wing cadets on basic water survival during the CAP Spring Encampment at RTC. The event gives CAP members the opportunity to participate in RTC training events like water survival, firearms and marlinspike training. CAP is a congressionally-charted, federally supported non-profit with nearly 25,000 members that serves as an official auxiliary of the United States Air Force. More than 35,000 recruits train annually at the Navy's only boot camp.

(MC1 Dominique Lasco)

Register your vehicle!

Remember to register your vehicle at the Visitor Control Center. The Visitor Control Center is located in Bldg. 6130 adjacent to the Naval Station Great Lakes Main Gate. Vehicle registration is conducted during normal working hours. Call 847-688-5648 or 2407 for more information.

CPR training

CPR training is on offer every month by the Fire Department. Fire Warden, general fire safety and Fire Extinguisher Training can be arranged for your Commands. For further information call 847-688-3829.

Obey the speed limit

The Great Lakes Police Department aggressively enforces all traffic regulations on federal property. If you receive a traffic ticket on any installation property with a mandatory court appearance, you must appear in traffic court on the date specified on the citation. Failure to appear will result in the revocation of your base driving privileges.

Additionally, military personnel could be subject to UCMJ action. If you are a civilian or are non-base affiliate and receive a federal magistrate citation, the magistrate's court will notify you of your court date. If you have questions regarding traffic citations, call **847-688-5555, ext. 233**. The courtroom is inside the Visitor Control Center in Bldg. 6130.



Gunner's Mate 1st Class Justin Carl instructs cadets from the Civil Air Patrol (CAP) Illinois Wing on how to find their dominate shooting eye during the CAP Spring Encampment at Recruit Training Command (RTC). The event gives CAP members the opportunity to participate in RTC training events like water survival, firearms and marlinspike training. CAP is a congressionally-charted, federally supported non-profit with nearly 25,000 members that serves as an official auxiliary of the United States Air Force. More than 35,000 recruits train annually at the Navy's only boot camp.

(MC1 Spencer Fling)

Safety Stand Down



Naval Station Great Lakes' Safety Office will host this year's Summer Stand-Down/Operational Pause at Ross Theater on Tuesday, May 14, 8-11:30 a.m.

The theme of this year's holiday stand-down is "It's a Good Sign If Safety Is On Your Mind." Topics will include: aggressive driving, behavior modification, ORM/Critical Days of Summer, fatal 4, and suicide prevention.

Facilitators will blend humor, stories and serious straight-talk throughout the presentations.

Naval Station tenant commands are welcome to attend.

—NAVSTA Safety

Abraham Lincoln at NMAS




Join the National Museum of the American Sailor on Saturday, May 18 at 1 p.m. for a special first-person portrayal of President Abraham Lincoln. In this program, renowned actor George Buss will recount the Navy's participation in the Anaconda Plan, joint Army-Navy operations, and the innovation of ironclad ships.

When we think of the Civil War, our first thoughts are of battles like Gettysburg and the role of both Union and Confederate armies. But did you know that the Union Navy was essential to President Lincoln's strategy for winning the war? Lincoln believed that a full blockade of the Confederate ports and Northern control of major rivers were key elements to winning the war. The Union Navy provided the means and the skill to put Lincoln's plan into action. Actor George Buss delves into all of this and more in "Mr. Lincoln's Navy."

"Mr. Lincoln's Navy" is on Saturday, May 18 at 1-2 p.m. The event is free and suitable for all ages. The National Museum of the American Sailor is located just outside the Main Gate, in Building 42. The street address is 2531 Sheridan Road, Great Lakes.

Want more naval history? Stop by the museum Monday-Saturday, 9 a.m. – 5 p.m. Or visit www.history.navy.mil/nmas to learn about upcoming museum events, tours, and more.

—National Museum of the American Sailor



LIVE WELL

Resiliency Webinars for Sailors and Families

May 2019

Webinars are on Eastern Time



Love Long Distance
May 14th 6:00pm EST
Learn how to strengthen and build healthy relationships.

Anger Management
May 16th 2:00pm EST
Learn important points of healthy and unhealthy anger.

IA-Deployment Preparation
May 23rd 2:00pm EST
Learn important tips in deployment preparation.

REGISTER TODAY!
<https://learning.zeiders.refineddata.com/enrol/index.php?id=7367>

Visit us at:
www.cnic.navy.mil/ResiliencyWebinars

New MyPay coming soon

You already know that myPay is the most convenient way to manage your DFAS military, civilian employee, or military retired or annuitant pay account and get the tax documents you need. This spring, myPay will change, making it simpler and more convenient to use.

When you use myPay after tax season this year, you will see some big differences. The most striking difference will be the appearance of the myPay home page, which will look more like other online financial sites you are used to seeing, with the login area on the right side instead of the left, a banner area with important information, and quick links at the top. The home page will also appear more modern.

When you log in to myPay after the change, you will also see a streamlined navigation menu. The same menu choices will be available, but they will be organized into categories and the menu will appear on the left side on every page.

Another change is that myPay will be easier to use on your favorite mobile device. When you use myPay on your mobile browser, the menus and screens will adjust to your mobile device.

What will not change is your login ID and password; they will transfer over. The same login ID and password you use before the transformation, you will use after (as long as your password has not expired). And the "Forgot your Login ID?" and "Forgot or Need a Password?" options will be the same.

After the changeover, you will see a myPay that looks different. You can always ensure you are connecting to the official myPay system by checking your browser's address bar for the correct myPay URL: <https://mypay.dfas.mil>

There will also be updated video walk-throughs and FAQs to help you accomplish a variety of common online tasks, such as accessing a myPay account for the first time, password updates, and bank account and address changes.

—Defense Finance and Accounting Service

★ **EPICENTER** ★

WEEKDAY LUNCH SPECIALS

MONDAY – FRIDAY • OPENS 10:30AM

Enjoy a variety of hand-crafted food from
Pizza, Panini's, Salads, Burgers and more!

 **GRAB & GO OR DINE IN**

ALSO ENJOY

 For more information or reservations,
call 847-688-4641. 

FLEET & FAMILY SUPPORT CENTER NAVAL STATION GREAT LAKES



Military Spouse Appreciation Breakfast

All active duty military spouses are cordially invited to attend this year's spouse appreciation pancake breakfast. Come for food, music, and to meet fellow spouses.

Wednesday, May 15
9 - 11 a.m.

Great Lakes Community Center
2007 Virginia Avenue, Great Lakes

Please RSVP to Lindsay Schreiber at
lindsay.schreiber.ctr@navy.mil

Hosted by:


Sponsored by:
  

The Department of the Navy does not endorse any company, product or their products or services.

Honoring The Fallen by Supporting Their Families

MAY IS GOLD STAR AWARENESS MONTH

Each year, thousands of service members make sacrifices to defend our country and the freedoms Americans enjoy. As a country, we support and thank all military men and women for their service, with special gratitude reserved for those who lose their lives not only in combat, but also to suicide, training accidents, mishaps or illness.

In 2018, we lost 184 active-duty Sailors. The loved ones they left behind are our Gold Star families.

While the nation has become more familiar with the term “Gold Star,” many still do not realize the difference between the lapel pins’ designation. The Gold Star recognition first appeared on flags in 1918, when families pinned a gold star over the blue service star hanging in their window to indicate that their loved one had been killed overseas while serving in the U.S. military.

In 1947, Congress approved the design, manufacture and distribution of the official Gold Star Lapel Button. The Gold Star Lapel Button symbolizes service members who lost their lives in combat operations. This pin features a gold star on a purple background. The lapel button for next of kin of deceased personnel was later introduced in 1973 to symbolize active-duty service members who lost their lives in non-combat operations. This pin features a gold star on a gold background surrounded by laurel leaves.

Honor in military service is associated with recognizing the worth of someone’s courage and commitment — to highly value something, to appreciate and cherish it. This is why the Navy Gold Star Program has declared the month of **May as Gold Star Awareness Month**. This designation gives the program an opportunity to host events that pay tribute to the service members we have lost and provide their surviving family members with opportunities to connect with one another. It also allows us and the community to honor and recognize their heroes and the Gold Star families left behind so they know their service member will not be forgotten.

During the month of May, anytime you see someone wearing the gold star or next-of-kin lapel pin, please remember that he or she has lost a loved one who selflessly served our nation. Take that moment to honor and remember all of our Gold Star Families who have committed and sacrificed so much to our great nation.

Remember, behind every gold star pin there are stories of fallen service members and strong survivors.

For more information on the Navy Gold Star Program please visit www.facebook.com/navygoldstar or www.navygoldstar.com or call 1-888-509-8759. At Great Lakes, call Julie Boesel at 847-688-3603.



May is
Gold Star
Awareness Month

Join us this month in paying tribute to the fallen and honoring the families left behind.


www.NavyGoldStar.com
www.facebook.com/NavyGoldStar • 1-888-509-8759


FLEET • FIGHTER • FAMILY



FFSC Training Calendar May 2019

Naval Station Great Lakes

Hours of operation are: Mon-Fri, 0730-1600

Call (847) 688-3603 x100

Classes are free – Registration Required



SUPPORT MILITARY SPOUSES

Navy Gold Star Awareness Month and Military Spouse Appreciation Month

EVENTS

| EVENTS | DATE | TIME | LOCATION |
|-------------------------------|------------|-----------|------------------------------|
| Spouse Appreciation Breakfast | Wed 15 May | 0900-1100 | Great Lakes Community Center |

LIFE SKILLS

| CLASS | DATE | TIME | LOCATION |
|--|-------------------------------|------------------------|----------------|
| Stress Management 101 | Wed 1 May | 1300-1400 | FFSC, Bldg.26 |
| Building Effective Anger Management Skills | Mon-Tues, 6-7 May & 20-21 May | 0900-1200 0900-1200 | FFSC, Bldg. 26 |
| Personal Communication | Thurs 2 May | 1300-1400 | FFSC, Bldg.26 |

NEW PARENT SUPPORT

| CLASS | DATE | TIME | LOCATION |
|------------|-------------------|-----------|------------------------|
| Play Group | Tues 21, & 28 May | 1000-1100 | Great Lakes Comm. Ctr. |

DEPLOYMENT/OMBUDSMAN SUPPORT

| CLASS | DATE | TIME | LOCATION |
|-------------------------|----------------|-----------|----------------|
| Married in the Military | Wed 1 & 29 May | 1100-1200 | FFSC, Bldg. 26 |



CAREER/EMPLOYMENT ASSISTANCE

| CLASS | DATE | TIME | LOCATION |
|------------------------------|-----------------------|-----------|----------------|
| Career Planning | Tues 7 May | 1300-1500 | FFSC, Bldg. 26 |
| Job Search Strategies | Tues 14 May | 1300-1500 | FFSC, Bldg. 26 |
| Interviewing With Confidence | Tues 21 May | 1300-1500 | FFSC, Bldg. 26 |
| Effective Resume Writing | Tues 28 May | 1300-1500 | FFSC, Bldg. 26 |
| Federal Employment System | Wed 15 May | 0900-1200 | FFSC, Bldg. 26 |
| Retirement TGPS | Mon-Fri, 29 Apr-3 May | 0800-1600 | Bldg. 617 |
| Separation TGPS | Mon-Fri, 13-17 May | 0800-1600 | Bldg. 617 |
| Pre- Separation Seminar | Mon 6 & 20 May | 0800-1600 | Bldg. 617 |
| Accessing Higher Education | Wed- Thurs, 8-9 May | 0800-1600 | Bldg. 617 |
| Capstone | Fri 10 May | 0800-1600 | Bldg. 617 |

Visit the FFSC weekdays in Building 26 for these services...

- Individual Financial Counseling
- Family Employment Readiness
- Life Skills Educations Classes
- Resume Writing
- Resource Room
- Client Computers available Mon-Fri 0730-1530
- Exceptional Family Member Program
- Ombudsman Program
- Navy Gold Star
- Family Advocacy Program
- SAPR Briefs
- IA Support
- Relocation Office
- New Parent Support
- Individual, Couple, Family, and Child Counseling

Domestic Violence: 1-800-799-7233

Child Abuse Hotline: 1-800-25ABUSE(22873)

SAPR Hotline: (847)489-8196



NAVAL STATION GREAT LAKES
CELEBRATING SERVICE
GOLF SCRAMBLE
FRI., MAY 24
11AM * VETERANS MEMORIAL GOLF COURSE

\$55 Active Duty/Retired
\$65 DOD/Veteran
\$75 Guest

NATIONAL ANTHEM AND FLAG RAISING *

Celebrating Service
VETERANS - PAST & PRESENT

- Four Person Scramble Format
- Sign-up Individually or a Team
- Limited to the First 100 Players (25 teams) Registration deadline: Mon., May 20

Schedule:
 • 11:00 - 11:45am: Registration/Warm-Up
 • 11:45am: Open Ceremonies/Announcements
 • 12:00pm: Shotgun Start
 Dinner and Awards in Buckley's following the event.

REGISTER NOW!

Includes:
 • Golf Cart
 • Beverage Tickets
 • Closest to the Pin & Putting Contests
 • Team Prizes
 • Boxed Lunch

USAA MWR GOLF

For more information, or to register, contact Veterans Memorial Golf Course: 847-688-4593.

*The Department of the Navy does not endorse any company, product or their products or services.

Veterans Memorial Golf Course

LADIES NIGHT OUT

Grab a Group of Friends & Enjoy a Night Out at Veterans Memorial Golf Course!

\$20 Per Session
 Includes (Rental Clubs, if needed):
 • 45 minutes of instruction & introduction to the game of golf in a relaxed social environment.
 • Two holes of golf.
 • Two drink vouchers for Buckley's Restaurant.

Session Dates:
 Fridays / 4pm-6pm
 • May 31: Irons
 • June 7: Chipping
 • June 14: Walk a hole

JOIN US!
 MWR GOLF

To sign up, call 847-688-4593
(class sizes are limited to 15 ladies)

COURSE OPEN!

ENJOY LUNCH AT BUCKLEY'S

(847) 688-4593

MORALE, WELFARE & RECREATION
LEISURE RECREATION EXPO
 The Leisure Recreation Expo has something for everyone!
WED., MAY 15 - 11am-1:30pm
PORT O' CALL, B14D

ADMISSION FREE
GRAND PRIZE 1 AIRLINE TICKET

Open to all Base Personnel, Military Families & DOD Retirees.

The Department of the Navy has a lot of places to go and stay throughout the spring, summer and fall. Web through the Command Information System to collect information for free. To name just a few: the 2014 MWR Regatta features live band, attractions and hotels with no event handling cost. Lots of brochures, maps, travel guides, and more! Just by attending you'll be entered for the chance to win a number of amazing prizes, including a chance to win a free roundtrip airline ticket!

Your local tickets and travel office will also be on site to provide information about the new discount online travel booking site www.FarmerTravel.com. Stop by to learn how you can book travel at deep military discounts from the comfort of your own computer!

For more information contact: 847-688-5437

MWR GOLF Sprint

4th of July Celebration
NAVAL STATION GREAT LAKES

JULY 4TH * NAVAL STATION GREAT LAKES

MUSIC * FAMILY ENTERTAINMENT * FOOD * FIREWORKS
FREE & OPEN TO THE GENERAL PUBLIC
JULY 4TH: 3PM-10PM
FOR ADDITIONAL INFORMATION: WWW.MWRGL.COM

The Department of the Navy does not endorse any company, product or their products or services.

38 SPECIAL

95.1 FM WILL ROCK

www.mwrgl.com

2019 SAILING PROGRAMS

Basic Sailing Class

The basic sailing class consists of two evenings of classroom instruction, as well as two on-the-water sessions. The course will be conducted on the American Hall Day Sloop and the Rhodes 19 sloop.

This class is designed to include elements of boat safety, parts of the boat, knotting, sailing and racing theory. Practical instruction will include sailing at points of sail, tacking and returning to the dock, man overboard and capsize recovery.

A U.S. Sailing Coastal Boat Sailing Certificate will be awarded after successful completion of the course. Classes begin on Thursday 5:00pm, Friday 6:00am, Saturdays 9:00am and Sundays 9:12 am (in case of weather backup days).

Class Schedule:

- MAY 16-19
- JUNE 13-16
- JULY 11-14
- AUGUST 12-15

Keelboat Sailing Class

This Intermediate Sailing Class consists of two evening sessions (including classroom and on-the-water instruction), one full day of practical sailing, and one half day of sailing with practical sailing.

This course will cover heavy weather sailing, boat handling, operation of a boat under way, and practical sailing. A U.S. Sailing Coastal Boat Sailing Certificate will be awarded after successful completion of the course.

Classes begin on Thursday 5:00pm, Friday 6:00am, Saturdays 9:00am and Sundays 9:12 am (in case of weather backup days).

Class Schedule:

- JUNE 20-23
- JULY 18-21
- AUGUST 22-25

Junior Sailing Camp

This 4-day camp is set up for youth ages 10 to 15. The camp will include on-the-water sailing, knotting, and practical sailing. A U.S. Sailing Coastal Boat Sailing Certificate will be awarded after successful completion of the course.

Classes begin on Thursday 5:00pm, Friday 6:00am, Saturdays 9:00am and Sundays 9:12 am (in case of weather backup days).

Class Schedule:

- JULY 15-18 (Mon. to Thurs.) 9 a.m. to 4 p.m.

4 Day Aqua Sport Camp

This camp will include instruction in Open water swimming and paddling, safe recreational boating, boat handling and racing in the Cardiac Boat Regatta.

Class Schedule:

- AUGUST 12-15 (Mon. to Thurs.) 9 a.m. to 4 p.m.

Marina Phone: (847) 688-5417

Community Recreation Tickets & Travel

Limited-Time Ticket Offers

July 27 - 2pm
Nederlander Theater
\$50.25
Ticket only, no transportation
Must Purchase by: **JUNE 7**

SUMMERFEST

JUNE 26 - 30 JULY 2 - 7

General Admission - \$18.00
Get a free weekday general admission ticket with every ticket purchased.

BEARS FOOTBALL

The Community Recreation Ticket Office will be selling Bears tickets again this season!
Watch our Facebook page and Website for more details!

All tickets listed are to be purchased while supplies last. For more information call 847-688-5417. Ticket purchase deadlines are while supplies last. All ticket sales are subject to change. Prices listed include a handling charge.

847-688-5417
Days: 11 - 12:00 PM
Closed: Official/Officially Licensed
Sunday-Saturday: 10:00 AM - 12:00 PM
Multiple subject to change

GREAT LAKES

DERBY DAY

OPEN TO ALL HANDS! KITS MUST BE PURCHASED FROM MWR RECOMMENDED SOURCE

WEDNESDAY, MAY 22

- Location: Ziegemeier Street Hill
- Check-in between 4 to 4:45pm for judging.
- Race starts at 5pm

Register at the Loft (B2A) or Marina (B13) by 12:30pm on Friday, May 10.

REGISTRATION

Group Name: _____

Point of Contact: _____

Phone Number: _____

Email: _____

SEE REVERSE FOR RULES AND REGULATIONS

CALL 847-688-2214 FOR MORE INFO OR STOP BY BLDG 2A

MWR NAVY FEDERAL Credit Union USAA

★ EPICENTER ★

WEEKDAY LUNCH SPECIALS

MONDAY – FRIDAY • OPENS 10:30AM

Enjoy a variety of hand-crafted food from Pizza, Panini's, Salads, Burgers and more!

GRAB & GO OR DINE IN

ALSO ENJOY

\$1 SPINZ PIZZA SLICES

LEGENDS SPORTS CLUB

FREE LUNCHTIME BOWLING

OUTDOOR PATIO

For more information or reservations, call 847-688-4641.

EPICENTER



MAY 2019

FRI • MAY 3 • 9:30-11:30PM
THIS BE MAYO
LATIN DANCE CONTEST

SAT • MAY 4 • 3-11PM
MAY THE 4TH BE WITH YOU
MOVIES • BOWLING • TRIVIA • FOOD & DRINK SPECIALS

THUR • MAY 9 • 7:30-9:30PM
KARAOKE TRIVIA TRIVIA!

SAT • MAY 18 • 9:30-11:30PM
NAME THAT TUNE

FRI • MAY 24 • 9:30-11:30PM
PHONE DJ BATTLE

BOWLING EVENTS
MON
FREE BOWLING
5PM-7PM*

TUES
DOLLAR GAMES
3PM-10PM

WED & THURS
FREE LUNCH TIME BOWLING
11AM-1PM*

FRI & SAT
ROCK N' GLO BOWLING
7PM-1AM

ALSO ENJOY
FAMILY FUN PACKS
YOUTH & ADULT LEAGUES
PARTY PACKAGES
& MORE!

OUTDOOR PATIO
• LIVE DJ EVERY
THURS, FRI & SAT
WITH GAMES &
CONTESTS!
• ENJOY THE WEATHER!
• WATCH TV
• PLAY GAMES
KARAOKE
PARTY THROUGHOUT

THURS • MAY 30 • 7:30-9:30PM
KARAOKE IDOL

EPICENTER • BLDG. 525 • 847-688-4641  GET OUR MWR APP
WWW.MWRGL.COM

NAVAL STATION GREAT LAKES
2019 MWR CAPTAIN'S CUP
**RACE/WALK
SERIES**

DISTANCE:
5K RUN / 2 MILE WALK
UNLESS OTHERWISE NOTED



THURSDAY, MAY 9
Pizza Race
10:30 a.m., Bldg. 4
2 Mile Race (MWR Captain Cup Run)

SATURDAY, MAY 18
Family Fun & Fit Bubble Run
10 a.m., Bldg. 8190

TUESDAY, JUNE 11
Obstacle Challenge
4:30 p.m., Bldg. 4
(MWR Captain Cup Run)

SATURDAY, JULY 27
Hot Diggity Dog Jog
8 a.m., Bldg. 10 - MWR Beach House
2 Mile Race (MWR Captain Cup Run)

WEDNESDAY, AUGUST 21
Navy Chief, Navy Pride
4:30 p.m., NEX Bldg. 400
(MWR Captain Cup Run)

WEDNESDAY, SEPTEMBER 11
Remembrance Race
4:30 p.m., Bldg. 4
(MWR Captain Cup Run)

FRIDAY, OCTOBER 4
October Fest
4 p.m., Bldg. 4
(MWR Captain Cup Run)

REGISTRATION:
FREE for individual runners; no
charge for command teams. Race
registration is accepted at bldg.
2A, bldg. 4 and bldg. 440. All
teams for every race must register
at bldg. 4 prior to race day.

COMMAND TEAM RACE POINTS:
For each Captain Cup race, MWR
will allow teams with a minimum
of five runners compete for the
traveling trophy. Team members
must be a part of their command
to receive Captain's Cup points.
You must state your team
command name upon registration
for the five runners. The race team
with the fastest time is declared
the winner. All other runs listed
are FUN runs.

AWARDS:
Awards for the top three male and
female finishers.

MWR FITNESS
847-688-7769

FREE ADVANCE SCREENING

★ ENJOY A FREE ADVANCE SCREENING! ★



FREE MOVIE!

SEE THE ENTIRE MOVIE BEFORE IT'S RELEASED TO THE PUBLIC!
FREE AND OPEN TO ALL HANDS!

Tickets will be available to all on a "first come, first served" basis on
Fri., May 3 at 4pm • Sat., May 4 at 2pm • Sun., May 5 at 2pm,
until all tickets are gone.
Receive tickets from Epicenter Movie Theater • For details: 847-688-4641, x3.

★ ★ ★ **EPICENTER** ★ ★ ★
SUN., MAY 5 • 3PM

Epicenter • Bldg. 525 • 847-688-4641
www.mwrgl.com

FREE ADVANCE SCREENING

**SAMUEL
ADAMS
BREWHOUSE
GREAT LAKES**

Spring Specials



**Two Hotdogs or
One Bratwurst**
Served with Chips.
\$4.95



All American Sliders
Three Mini Burgers with
American Cheese and Pickles.
Served with Fries.
\$7.95



Honey Crisp Salad
Crispy Fried Chicken on Romaine Lettuce
with Tomatoes, Bacon and Cheddar Cheese.
Served with a Drizzle of Honey Mustard Dressing.
\$9.95



Brewhouse Hours (all hands, 21 & over)
Mon.-Thurs., 4-10pm
Fri.: 4-11pm
Sat.: 4-11pm (all hands, all ages)
Restaurant Hours (all hands, all ages)
Mon.-Fri.: 5-9pm

Naval Station Great Lakes

SLICE, SLICE BABY

2 MILE

PIZZA RUN



**SMOOTHIE STATION
ON RACE COURSE!**



**CAPTAIN'S CUP
& FUN RUN!**

FREE!

THURS., MAY 9 • GYM 4

11:00AM SHARP — CAPTAIN'S CUP (COMPETITIVE AND TIMED)

11:05 TO 11:45AM — FUN RUN/WALK (NOT COMPETITIVE AND NOT TIMED)

Need to choose between eating or PTing on your lunch break? Don't! Do Both! Join this MWR Captain's Cup Run and enjoy a few slices of pizza at the same time!
Come run with every "pizza" your heart!

Captain's Cup teams must register the day prior to the race at Gym 4.

Individuals can register at:

Gym 4, Gym 440 or the 2A Fitness Center.
Register by May 8. See website for details.



*The Department of the Navy does not endorse any company, sponsor or their products or services.

MWR LIBERTY MAY 2019

LEISURE WITH LIBERTY

LET IT BE WILD, NOT DEFILED

Join Liberty at the Loft as they teach every day, sustainable practices.

DIY Recycling

THURSDAY, MAY 2 @ 7PM

Repurpose old household items into cool projects!

Volunteer Trip: Community Garden

SATURDAY, MAY 11

Departs 9:45am Free!
All participants get a certificate documenting their hours. Sign up by 12:30pm on 5/10. Max 14 people.

Leave No Trace

MONDAY, MAY 13 @ 7PM

Learn how to protect the environment in this ethics workshop.



SELF CARE

Put yourself at the top of your to-do list and join Liberty in learning simple, self-care steps through basic yoga, nutrition, & spa recipes.

DIY Spa

SATURDAY, MAY 11 @ 7PM

Make your own face masks and bath bombs.

Tranquil Tuesday

TUESDAY, MAY 21 @ 6:15PM

Stop by the 2A Fitness Center to enjoy an introductory yoga class.

Nutrition 101

THURSDAY MAY 30 @ 7PM

Come with us to the NEX as we show you how to find healthy food alternatives.



SUSTAINABILITY

Turn your trash into treasure as Liberty teaches everything you need to know to grow a garden.

Composting

WEDNESDAY, MAY 1 @ 7PM

Learn how to compost with Liberty.

Volunteer Trip: Forest Preserve

SATURDAY, MAY 18

Departs 8:45am Free!
All participants get a certificate documenting their hours. Sign up by 12:30pm on 5/17. Max 14 people.

DIY Greenhouse

FRIDAY, MAY 31 @ 7PM

Come by the Loft to help build a greenhouse and plant seedlings.



CSADD/LIBERTY EVENTS

Flag Football Night

TUESDAY, MAY 14 @ 6:30PM

Head over to Constitution Field at 6:30pm to join in our flag football game.



Bowling Night

TUESDAY, MAY 14 @ 6:30PM

Come play two free games of bowling on us! Stop by the Epicenter from 6:30 - 8:30pm to participate.

Movie Night @ Epicenter

TUESDAY, MAY 28 @ 6:30PM

Sit back and relax while you enjoy a free showing of Glass.

Barracks Bash

WEDNESDAY, MAY 29 @ 5PM

Kick off your summer with a little fun in the sun! We'll have inflatables, games, and more! Location: Gallery Field.



**SATURDAY, MAY 4
EPICENTER; 5pm**

Star Wars fans, you already know what day it is! MWR is hosting an epic day full of activities, such as a movie marathon, pub trivia, Storm Trooper Bowling, and more. Head over to the Epicenter at 5pm to enjoy the festivities. All standard food, drink, and bowling prices apply!

SLICE, SLICE BABY 2 MILE PIZZA RUN

THURSDAY, MAY 9

Gym 4; 10:30am; FREE; Register by May 8

Need to choose between eating or PTing on your lunch break? Don't. Do both. Join this MWR Captain's Cup Run and enjoy a few slices of pizza at the time! 'Come run with every pizza your heart'. Captain's Cup Teams must register in advance at Gym 4. Individuals can register at Gym 4, Gym 440 or the 2A Fitness Center. See website for details.



LEISURE RECREATION EXPO

WEDNESDAY, MAY 15

Port O' Call, B140; 11am-1:30pm

Stop by to get brochures, maps and great ideas for how to spend your liberty time. Just by attending you will be entered for the chance to win a number of amazing prizes! The Grand Prize is (1) airline ticket!



MOUNTAIN BIKING TRIP

SUNDAY, MAY 19 -

Lake Geneva, WI; 9am-5pm

\$15 per person

(Includes: transportation, bike rental & campfire lunch)

Register by 12:30pm on 5/18



Interested in trying a new sport? We have some pretty wicked mountain bike trails! Join us for a day outdoors on the trails along with some outdoor cooking!

DERBY DAY

WEDNESDAY, MAY 22

Ziegemeier Street; 5pm; FREE

Register by May 10

Do you have the need for speed? Put your skills to the test and create a derby car for our annual Derby Day event!



FRIDAY, MAY 24

Lakefront

8-10pm

FREE

Summer is upon us and you know what that means! Outdoor movie season has begun! Grab a blanket, some popcorn, and join us for our first outdoor movie of the summer down by the lake!

For more information on all trips and programs please call 847-688-2214.



Great Lakes MWR



Get Our MWR App Today!

All programs will take place at the Loft unless stated otherwise. The Loft is located on the third floor of Bldg. 2A. The Loft is open to Active Duty military E1-E6 ages 17 and up, and is always alcohol and tobacco free. Eligible Active Duty members are welcome to sponsor a guest in the facility as long as they are age 17 or older. Guests must be registered at the front counter. Liberty trips are for Active Duty members E1-E6 ages 17 and up. Trip sign ups are available at the front counter during normal hours of operation. All trip sign ups are final and refunds will not be issued unless the trip is cancelled by the Liberty program due to extenuating circumstances.

COMMUNITY RECREATION MAY TRIPS, ACTIVITIES & CLASSES

STAR WARS DAY

**MAY
THE 4TH
BE WITH
YOU**

SATURDAY, MAY 4

EPICENTER; 3-5pm; \$10 per person
Register by May 2

Star Wars fans, you already know what day it is! MWR is hosting an epic day full of activities to commemorate one of the best movie franchises in history. Event is for youth & families, all hands activities begin at 5pm.

SUMMER DOOR HANGER



TUESDAY, MAY 7

EPICENTER LIVE@525 Room

6-8pm; \$15 per person

Register by May 3

Need a last minute Mother's Day gift or looking to spruce up your home? Join us in channeling all of our summer vibes on a beautiful statement piece for your front door! Recommended for ages 6 and up with adult supervision.

SLICE, SLICE BABY 2 MILE PIZZA RUN



THURSDAY, MAY 9

Gym 4; 10:30am; FREE

Register by May 8

You had me at "Pizza". Need to choose between eating or PTing on your lunch break? Don't. Do both. Join this MWR Captain's Cup Run and enjoy a few slices of pizza at the time! "Come run with every pizza your heart". Captain's Cup Teams must register in advance at Gym 4. Individuals can register at Gym 4, Gym 440 or the 2A Fitness Center. See website for details.

STORY TIME



WEDNESDAY, MAY 15

Library B617

10-11:30am; FREE

Stop by the library for a kid-friendly story time and create a craft to take home! Recommended for ages 6 and under. Registration not required.

FAMILY FUN & FIT FOAM FUN RUN & SUMMER BASH



SATURDAY, MAY 18

Community Center, Bldg. 8190
9am-Noon; FREE

MWR is switching it up this month! Our run will be held out in Forrestal Village. Come celebrate the end of the school season with a fun run followed by an awesome after party full of all kinds of yard games, inflatables and airbrush tattoos!

MOUNTAIN BIKING TRIP



SUNDAY, MAY 19

Lake Geneva, WI

9am-5pm; \$15: E1-E6 Personnel
\$20: All Other Eligible Patrons

Register by 12:30pm on May 17

Interested in trying a new sport? We have some pretty wicked mountain bike trails! Join us for a day outdoors on the trails along with some outdoor cooking!

DERBY DAY



WEDNESDAY, MAY 22

Ziegemeier Street

5pm; Register by May 10

Do you have the need for speed? Put your skills to the test and create a derby car for our annual Derby Day event! Kits must be purchased from an MWR recommended source.

STRING ART NIGHT



THURSDAY, MAY 23

Marina; 6-8pm; \$15

Register by 12:30pm on May 16

Join the MWR team for a craft that the whole family can partake in! Choose from two different designs. Craft recommended for children ages 8 and up with adult supervision.

**OUTDOOR
MOVIE
NIGHT**

FRIDAY, MAY 24

Lakefront

8-10pm; FREE

Summer is upon us and you know what that means! Outdoor movie season has begun! Grab a blanket, some popcorn, and join us for our first outdoor movie of the summer down by the lake!

LADIES GOLF NIGHT



FRIDAY, MAY 31

Veterans Memorial Golf Course

4-6pm; \$20 per person

Ladies, don't miss this! Grab a friend and register for our PGA Golf Pro's group golf lessons. Program includes 45-minute golf instruction, followed by some fun activities and two complimentary drinks! Register today at Veterans Memorial Golf Course.



To register for Community Recreation programs, email your name & phone number to Communityrec@mwr.gl.com and a MWR staff member will contact you.

More details: WWW.MWRGL.COM or Download our App
or contact Community Recreation at the Rental Center (B13) 847-688-5417

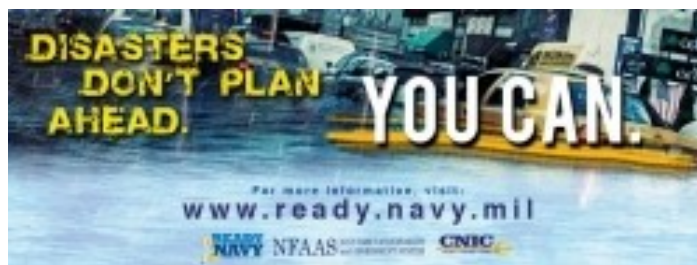


Get Our MWR App Today!

Emergency communications ... be ready!

In the event of an emergency, Naval Station Great Lakes provides real-time alerts to the Navy community throughout the life cycle of the incident or crisis through: Giant Voice, a voice announcing system using exterior speakers; Computer Desktop Network System (CDNS), an administrative broadcast across Navy computer networks that overrides current applications, reaching all Navy users almost instantly; AtHoc – dissemination via text message and email; Great Lakes Hotline: 847-688-2459; Facebook, www.facebook.com/NavalStationGreatLakes; and [@navstaglakes](https://twitter.com/navstaglakes).

We will be testing our mass communications on the first Tuesday of each month – 9:45 a.m. for all messages and 10 a.m. for Giant Voice siren. That will be the only time we'll be testing. All other times that you hear the Giant Voice system siren or voice, please take cover immediately. We ask that you then check your cellphone for the AtHoc message, which will give you the information that you need. AtHoc messages will generally be sent three different ways: via text message, and personal and work emails. Messages



provide official updates on base delays and early departures, as well as other notifications that may affect the base. Anyone, including government contractors, can sign up to receive messages.

Be Ready.
**I AM.
ARE YOU?**

Registering for AtHoc is easy using your NMCI computer. Click on the Purple Globe to register.

1. NMCI users: Right-click on the Purple Globe icon (bottom right corner on desktop).

2. Select "Access Self Service."

3. Select the "My Info" tab and update your last name, first name and display name, and save.

4. Select the "Devices" tab and enter your work and personal contact information in the appropriate mandatory and optional device fields. Fill in as many fields as possible. Many times, text messages to personal cellphones and personal email addresses are the quickest to receive notifications. (Note: Your ability to receive alerts on home phones, cellphones, pagers, and email addresses depends upon information entered into the mandatory and optional device fields.)

5. SAVE.

6. Update your profile any time you have a change.

The base Twitter feed can be used by anyone with internet access, and will have the same information as AtHoc. Simply go to twitter.com/navstaglakes. If you have a Twitter account, click the "Follow" button. If not, bookmark the page and return to it in case of emergency. The base Facebook page will have the same information as Twitter, and can also be found by anyone with internet access at www.facebook.com/NavalStationGreatLakes.

Click on the "Like" button if you have a Facebook account.

PREPARE NOW!

**REGISTER FOR
WAAN Alerts**

In the event of an emergency, Navy's
Wide Area Alert Network (WAAN)
provides real-time alerts
to the Navy community.

- **Emergency Alerts:** Register your mobile device to receive emergency alerts.
- **Base Closure Alerts:** Learn about weather or emergency closures before you show up.
- **All Clear Alerts:** Receive alerts via phone, texts, and e-mail.

REGISTER NOW



ENSURE YOUR
SAFETY



(SAFETY)

NSGL - Motorcycle Safety Training 2019

Interested in Motorcycle Safety?

Naval Station Great Lakes has a unique training opportunity for motorcycle operators. Research shows rider education is the most critical aspect of motorcycle safety. Active duty military personnel, DoD civilian employees, Military Reservists/National Guard, Dependents of active duty military personnel and Retired military are authorized to register and take the courses. There is no charge for the course.



For more information: 847-688-2035 ext 413

To Register: www.navymotorcyclerider.com

Basic Rider (BRC)

The Basic Rider Course is a 16 hour program that teaches basic motorcycle operational skills and advanced skills such as swerving, braking, cornering, and riding strategies. It includes classroom and on-cycle instruction with quality, personalized coaching and several hours of practice riding. Instructors are certified by the Motorcycle Safety Foundation (MSF).

Apr: 9th-10th, 16th-17th 23rd-24th, 30th-May 1st
May: 14th-15th, 20th-21st, 28th-29th
June: 11th-12th, 25th-26th
July: 8th-9th, 30th-1 Aug
Aug: 5th-6th, 13th-14th, 26th-27th
Sept: 10th-11th, 16th-17th, 24th-25th
Oct: 1st-2nd, 8th-9th, 15th-16th, 21st-22nd

Basic Rider Course 2 (BRC-2)

Also known as Experienced Rider Course (ERC). Riders use their own bikes to hone their mental strategies to a razor-sharp edge and practice their handling cycle techniques.

Apr: 18th & 22nd
May: 8th & 22nd
June: 4th & 10th
Aug: 7th, 21st, & 28th
Sept: 12th & 26th
Oct: 3rd & 17th

Military Sport Bike or Advanced Rider Course (ARC)

This course includes a fast-paced classroom segment with several interactive activities to improve perception and hazard awareness. Range exercises enhance both basic skills and crash avoidance skills. Improving braking and cornering finesse is emphasized.

Apr: 8th x2
May: 16th x2
June: 5th x2
July: 10th x2, 29th x2
Aug: 12th x2
Sept: 3rd x2, 27th x2
Oct: 23rd x2

**IF YOU SEE
SOMETHING,
SAY
SOMETHING.**

**REPORT
SUSPICIOUS ACTIVITY
TO THE POLICE**

Naval Station Great Lakes
"Crime Stoppers"
"Watch Card"

**CRIME
STOPPERS**

Every individual onboard NAVSTA GL is a sensor for observation and reporting. Increased vigilance can make the difference in defeating a terrorist attack and reporting criminal activity. Reporting of suspicious activities enables the installation to react immediately to thwart any potential crime, subversive or terrorist related event.

Everyone onboard NAVSTA GL is responsible to be cognizant and aware of their surroundings and report ANY suspicious activity. All members, employees, and residents are encouraged to carry or keep in their possession below *"Crime Stoppers Watch Card"*!



NSGL Crime Stoppers Watch Card
Awareness is key! Everyone is a "sensor"



DO: OBSERVE AND REPORT:

- Unusual or suspicious activity or suspected surveillance
- Unusual questions or requests for information relating to capabilities, limitations or operational information
- Unusual vehicles driving around and operating in or around the installation
- Unusual phone calls, messages or emails
- Unusual contacts on or off base
- Any suspected criminal or suspicious behaviors on or around NSGL
- Any possible compromise of sensitive information

DO NOT:

- Discuss any aspect of military operations or planning
- Talk about military capabilities or limitations
- Discuss Force Protection measures, capabilities or posture
- Disclose any information related to any command/unit deployments

REPORT ANY SUSPICIOUS ACTIVITY IMMEDIATELY!
YOUR CALL MAY SAVE LIVES OR THWART AN ATTACK!
Contact NSGL Emergency Local Dispatch Center (LDC)
(847) 688-6902/3430



Naval Security Force Police
Physical Security/Antiterrorism Division
"Crime Stoppers"
(847) 688-5555 Ext. 347/348



HOUSEHOLD CHEMICAL WASTE COLLECTION EVENT

Saturday, May 18, 2019
8:00 AM to 2:30 PM



SOLID WASTE AGENCY OF LAKE COUNTY, IL

Vernon Hills **Metra Train Station** **Route 45 and Ranney Avenue**

Accepted Materials: Aerosol Products | Antifreeze & Motor Oil | Fertilizers/Herbicides/Pesticides | Fluorescent Light Bulbs/CFLs | Furniture Stripper & Varnishes | Gasoline & Kerosene | Household Batteries (Lithium & Rechargeable only) | Household Cleaners | Oil-Based Paints & Paint Removers | Prescription and over-the counter medicines and supplements (people & pet) - *NO DEA Controlled Substances.*

Not Accepted: Latex paint, DEA Controlled substances, business wastes, farm chemicals, propane tanks, lab chemicals, lead-acid and alkaline batteries, explosives, medical wastes, construction/demolition debris, fire extinguishers, smoke detectors and household electronics.

SWALCO also offers Year-round HCW Public Drop-off Events at our Gurnee, IL facility **By appointment only** on the second Saturday and the fourth Monday of every month (some exceptions apply). Set-up your preferred time now at www.swalco.org.

HCW collections sponsored by SWALCO (Solid Waste Agency of Lake County) are for **Illinois Residents ONLY**. If you would like to learn more about SWALCO programs and services, visit www.swalco.org or call 847-336-9340.



Visit the SWALCO website at swalco.org or call 847-336-9340.